

Three Ingredient Pancakes

Healthy Cooking in the Classroom



Bits & Tips

Ask an adult to use the kitchen equipment

Heat Element Safety:

1. Check to see that the appliance switch is in the off position before you plug it in
2. Keep fingers away from moving blades of a blender, mixer, and food processor
3. Never touch the heating element of an appliance
4. Use microwave safe dishes
5. Be careful of steam when you take off cover or open a bag that contains hot food
6. Always use potholders to move things in and out of the microwave or oven
7. Use a fork, turner, spoon or tongs to lift or flip foods that are hot
8. Double check to be sure all burners are off when finished cooking
9. Place the pan handle towards the center or rear of the stove so someone doesn't accidentally hit the handle and spill the food
10. Don't fill cooking pot over 2/3 full

Get 5-6 servings a day of grains; a serving size is 1 slice bread, 1 cup dry cereal, ½ cup rice or pasta.

Get 3 servings a day of dairy; a serving is 1 cup milk or yogurt, 1.5 ounces of cheese

Always use whole grains when you have an option

Grains are essential for overall health by providing fiber and essential vitamins and minerals

Dairy foods help improve bone health

Other ideas for toppings are: peanut butter, sun butter, chocolate chips, powdered sugar, and cinnamon

2 Tbsp. of chopped nuts such as almonds or cashews can be added to this recipe too

What you will need:

To make 4 “silver dollar” pancakes

- ½ banana
- 1 egg white
- 1/8 c. oatmeal

Here's What You Do:

1. Mash banana with fork.
2. Add egg white and combine with fork.
3. Add oatmeal and incorporate ingredients.
4. Spray pan (if needed) and allow the pan to heat up.
5. Pour mixture into pan and watch closely.
6. Watch for browning edges to indicate doneness.

Our Snack today has:

For 1 serving (4 silver dollar sized pancakes)
Approximately 107 calories,
58.5 g. carbohydrate,
1.5 g. total fat, 5 g. protein

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